

Executive Summary Fiscal Year 2004

Behavioral Health Services Division/Prevention Services Bureau

Substance Abuse Prevention Evaluation Outcomes Fiscal Year 2004



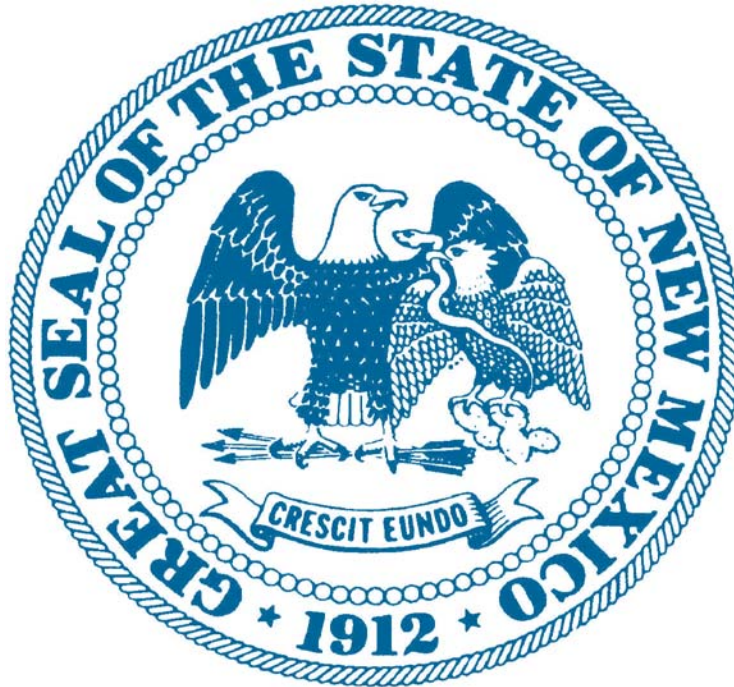
New Mexico Department of Health
Behavioral Health Services Division
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A large, stylized blue lizard graphic is positioned in the background, facing right. The lizard has large white eyes and a long, curved tail with white spots. It is set against a light blue background with a darker blue circular shape in the center.

Visit our web sites:

www.nmcares.org

This site is dedicated to behavioral health services in New Mexico. Click on the Prevention Bar to learn about ATODA prevention services, the statewide ATODA Prevention Plan, and download reports, summaries and publications.

www.nmihi.com

The New Mexico Information for Health Improvement website provides New Mexico data related to health and substance abuse issues and behaviors.

www.health.state.nm.us

The New Mexico Department of Health

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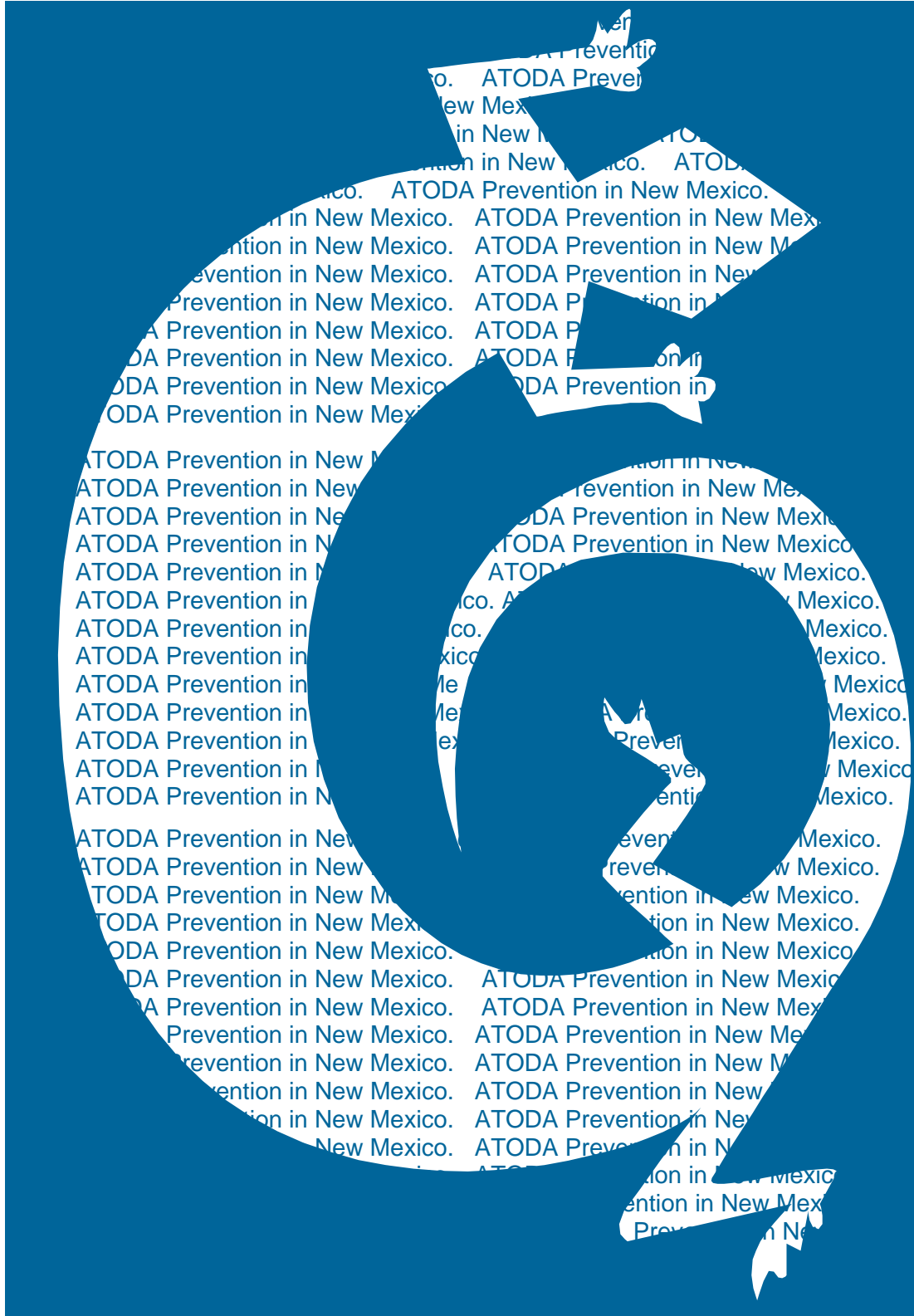
Special thanks to the staff of Behavioral Assessment, Inc. for their work as the New Mexico Statewide Evaluation Team for the NMDOH/BHSD and for the technical assistance they provided to BHSD contractors. Also, special thanks to the local project evaluators who analyzed the data summarized in this report.

A longer report detailing program evaluation findings and titled State FY 2004 Substance Abuse Prevention Outcome Evaluation Report will be available from NMDOH/BHSD by contacting 505 827-2601 and leaving a mailing address. This longer report will provide data on the statistical significance of outcomes reported by contractors on variables related to alcohol, tobacco and other drug use, as well as variables related to risk and resiliency factors.

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NMDOH/BHSD Publication: October 2004

ATODA Prevention in New Mexico



Substance Abuse Prevention Evaluation Outcomes Executive Summary

Overview

The New Mexico Department of Health, Behavioral Health Services Division, Prevention Services Bureau is dedicated to maintaining and improving a comprehensive State Substance Abuse Prevention System. The Prevention Services Bureau works diligently to enhance the capacity of community prevention providers in New Mexico to ensure the delivery of effective prevention services. These services are aimed at reducing alcohol, tobacco and other drug (ATOD) abuse. The successful local outcomes of New Mexico prevention programs are highlighted in this Executive Summary. The investment of state and federal dollars in the implementation of evidence-based prevention programs is producing positive outcomes for youth, families and communities in New Mexico.

Prevention programs funded by NMDOH/BHSD are available to a variety of populations in many different settings. Around the state, services are available to pregnant mothers, children ages 0-6, parents, guardians and grandparents. There are programs for preschool children, and students in elementary, middle and high school. Programs are available in youth centers, churches and community centers. Funding from NMDOH/BHSD also supports parenting and family programs, as well as community coalitions.

Prevention services are the first line of defense against substance abuse. As currently applied to substance abuse prevention in New Mexico, the Institute of Medicine model views prevention services on a continuum of care spanning from prevention to treatment to maintenance. The sole focus of

prevention efforts is on decreasing the degree of individual/family/community vulnerability to related risk and protective factors. Prevention is identified as a continuum of strategies according to the degree of risk of service populations:

- ❖ *Universal* strategies address the entire population with messages and programs aimed at preventing or delaying problem behaviors and emotional and/or behavioral disorders.
- ❖ *Selective* strategies serve subsets of the population who are deemed to be at risk for emotional and/or behavioral disorders such as children of alcoholics, dropouts, and students who are failing academically.
- ❖ *Indicated* strategies are designed to prevent the onset of emotional and behavioral disorders among those individuals identified as being high risk.

Two prevention frameworks, developed in the prevention research literature over the past two decades are emphasized by the NMDOH/BHSD. They are, the risk factor/protective factor framework and the youth development framework. As presented in *Effective Prevention Programming in New Mexico* (Office of the Governor and NMDOH, January 1999), the risk/protective framework stresses the importance of reducing risk factors and enhancing protective factors as identified through a community needs assessment. Conditions associated with greater potential for drug abuse are termed risk factor. Those conditions associated with reduced potential for

abuse are called protective factors.

In this framework the emphasis is on providing youth with skills, opportunities for involvement, and recognition to help ensure that they form pro-social bonds and develop healthy beliefs and clear standards. This framework also applies to reducing risk factors and enhancing protective factors in environments that influence youth, such as families, schools, neighborhoods, and communities.

Youth development is the process through which adolescents seek and are assisted to meet their needs and build individual assets or competencies relevant to enabling them to become successful, confident and self-reliant adults. It is a framework that focuses on capabilities, strengths and developmental needs and views young people as resources. Programs that apply a youth development approach seek to build competencies in the physical, social, cognitive, vocational, and moral areas of a young persons life. It is an ongoing process in which young people are engaged and invested. Youth development programs help youth to deal with the challenges of adolescence and prepare them for the independence and responsibilities of being parents, workers and citizens.

Prevention contractors are required to follow accepted Substance Abuse Prevention Standards, which include the following:

- ❖ conducting **community needs assessments** regarding local alcohol, tobacco and other drug issues;
- ❖ developing **prevention plans with measurable goals and objectives** based on the results of the needs

assessment, utilizing data from the needs assessment and input from community members;

- ❖ utilizing **multiple prevention strategies** (information dissemination, education, identification and referral, community processes and environmental strategies) across **multiple domains** (community, school, family, peers, individuals) aimed at having a broader impact on the population receiving services;
- ❖ implementing **evidence-based prevention services** proven to impact variables associated with the abuse of alcohol, tobacco and other drugs;
- ❖ conducting high-level **outcome evaluation** of prevention services in order to make necessary modifications and to demonstrate the effectiveness of the services.

The use of multiple strategies in multiple domains, combined with the use of evidence-based approaches and high-level outcome evaluation, has moved Prevention Services Bureau contractors into implementing proven and effective substance abuse prevention services.

Prevention contractors are required to conduct high-level outcome evaluations of their prevention services in order to make necessary modifications and to demonstrate the effectiveness of services.

To date, there are five prevention programs developed in New Mexico, and funded through the NMDOH/BHSD that have received national recognition as Exemplary Substance Abuse

Prevention Programs through a nationwide competitive process sponsored by the National Prevention Network, the Center for Substance Abuse Prevention, and the Community Anti-Drug Coalitions of America. These exemplary prevention programs are:

- ❖ The Albuquerque Partnership (2000)
- ❖ Project Venture/National Indian Youth Leadership Project (2001)
- ❖ First Born Program/Gila Regional Medical Centers (2002)
- ❖ Connecting To Courage/Santa Fe Community College (2002), and
- ❖ Talking Talons Youth Leadership Program (2002).



Fiscal Year 2004 BHSD Statewide Outcome Evaluation

Drug use among youth continues to be a national concern; recent data on drug use trends indicate that drug use has remained relatively stable between 1997 and 1999. Data from the National Household Survey on Drug Abuse and Health, 2002 suggests that while the level of drug use does not appear to be substantially increasing for marijuana, alcohol and cigarettes, there still remains a high prevalence of use among youth. One area of concern is the increase in use between 1999-2002 of any illicit drug among 12-17 year old Whites, Hispanics and Blacks. There was a large increase in illicit drug use among non-Hispanic white youth reported in 2002, while at the same time, cigarette use dropped significantly among all ethnic groups for 2002. The prevalence of use among youth indicates a continued need to maintain and ameliorate effective youth prevention programs. Preventative efforts to reduce the prevalence of drug use among diverse ethnic groups must continue to implement evidence based program models that improve resiliency and protective factors and decrease risk factors.



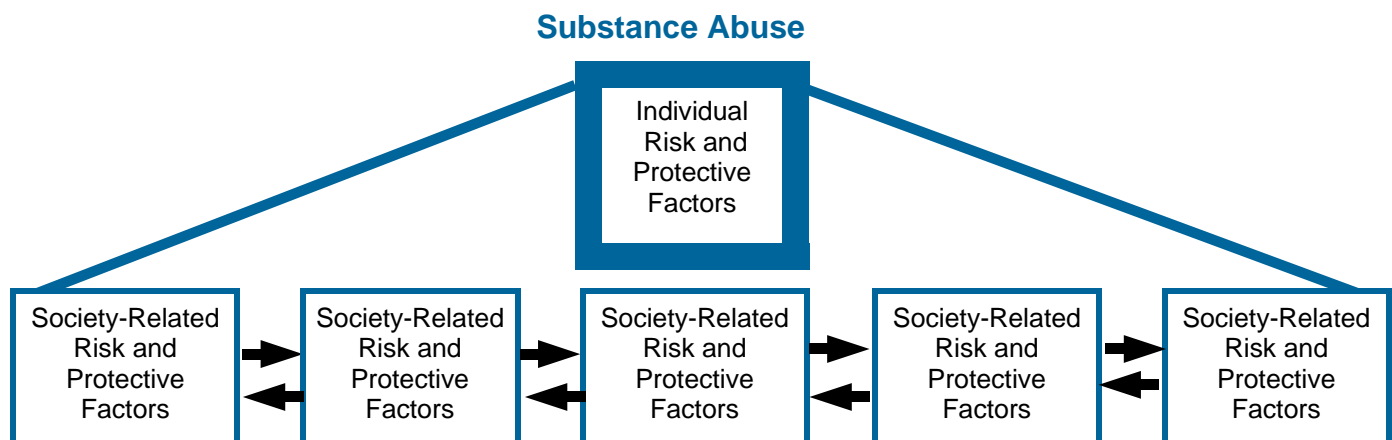
The field of Substance Abuse Prevention has made significant advances over the past decade. Evidence based prevention efforts have resulted in a number of programs that reduce risks and improve resiliency among youth who are prone to drug use and abuse. The Center for Substance Abuse Prevention, along with other researchers (Hawkins and Catalano, 1993), promote a Web of Influence framework for understanding the causes and correlates of substance abuse. The Web of Influence model has been equally important for designing prevention programs.

Factors that contribute to drug use include risk at the individual, peer, school, family and community levels. The New Mexico Department of Health, Behavioral Health Services Division, has effectively utilized this Web of Influence Model to implement a number of prevention initiatives across the state. For the 2004 program year, these initiatives include the following:

- 12-17 Prevention Programs
- The Pre-K through Sixth Grade Prevention Initiative
- SIG Enhancement: 0-6
- Coalition-Driven Organizations

The FY 2004 Statewide evaluation focused on policy shifts, funding stream analysis, capacity building and cross agency collaboration. Starting with the New Mexico State Incentive Grant (SIG) in 1999, the NM BHSD launched a comprehensive statewide prevention network. Nineteen programs in 1999 grew to over seventy programs at the end of fiscal year 2002. During fiscal year 2004, from July 1, 2003 to June 30, 2004, the NM BHSD awarded approximately \$7 million to prevention programs throughout the state. Approximately \$350,000 went to Coalition programs. About \$2.7 million went to science-based programs for youth ages 12 to 17. A special black tar heroin initiative was allocated about \$333,000. Programs for children in PreK-6 programs received approximately \$2.6 million. A New Mexico-Mexico border project was awarded \$60,939. Smoking prevention efforts received \$900,000. One of the initial state goals at the onset of funding in 1998 was to leverage federal funding to increase prevention dollars. In fiscal year 2004 the BHSD funded prevention efforts with about \$7 million dollars, almost double the original amount allocated to the first NM SIG programs.

The Web of Influence



Fiscal-Year 2004 Evidence Based Prevention for 12-17 Year Olds

Covering most areas of the state and a diverse range of evidenced-based prevention programs, the NM BHSD programs for youth ages 12 to 17 remain the centerpiece of New Mexico's ATODA prevention labors. These programs include both nationally recognized efforts, such as Botvin Life Skills, and Project Venture, a locally developed model and practice that has now gained national recognition as an exemplary program.

For the current reporting year, outcome data using a pre-post evaluation design were gathered at each of the 21 local 12-17 sites. Participants were evaluated at program entry and program exit. The statewide survey, **Strategies for Success** was used along with other local data collection tools. Using the Strategies for Success survey allows for comparing findings between last year and the current reporting period. In addition, it will be possible to aggregate data across more than one year.

The aggregated total sample of matched pairs for 12-17 programs was 3,074. Separate analysis was completed for male and female participants. Two age groups, 12-14 and 15-17, were also analyzed separately. Additionally, a separate analysis by ethnicity was completed for Hispanic, Native American and Anglo sub groups.

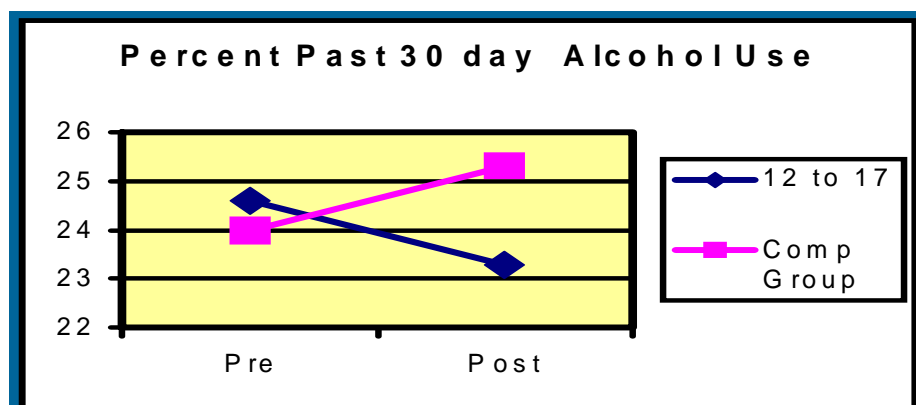
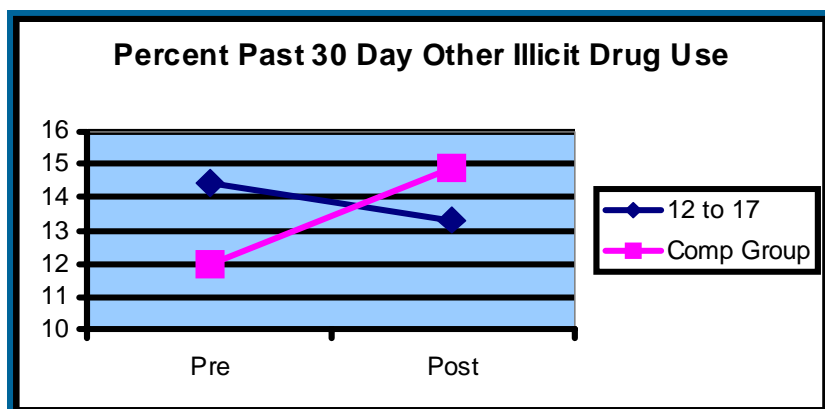
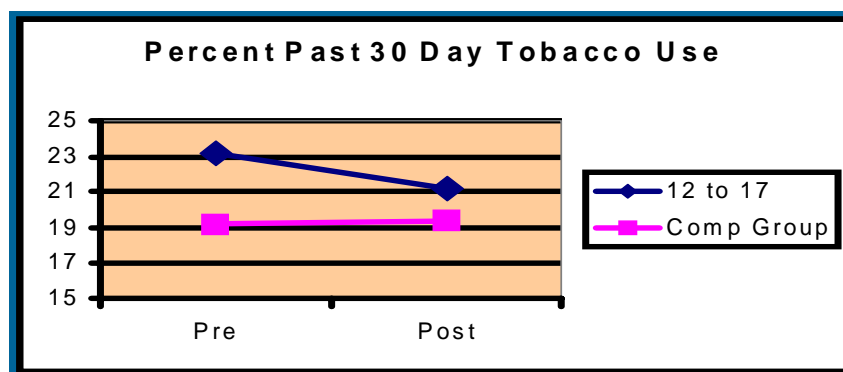
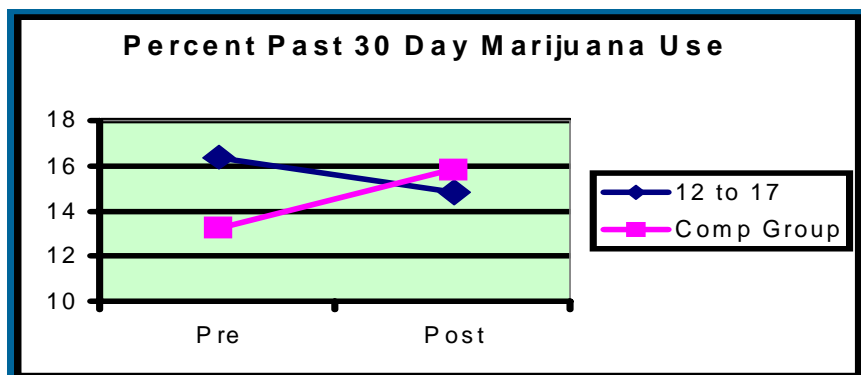
| Data (Ages 12-17) | Alcohol | Cigarette | Marijuana |
|--|---------|-----------|-----------|
| National Household Survey on Drug Abuse and Health, 2002 | 17.6% | 13.0% | 8.2% |
| New Mexico 12-17 | 24.6% | 14.6% | 16.5% |
| Comparison Group | 23.3% | 12.8% | 13.3% |

This table demonstrates that youth in New Mexico who are recruited for prevention programming demonstrate higher risk behaviors and higher use than youth nationwide.

Comparison Group

New Mexico's rigorous evaluation initiative includes a statewide comparison group, matched statistically to those youth receiving services. In racial/ethnic, age, gender, risk level, and geographic location, the comparison group mirrors the characteristics of youth participating in prevention programs. Comparison group youth completed the same **Strategies for Success** evaluation instrument in pre and post-test settings, stretching over a period of time equivalent to that of program participation.

The graphs that follow show that New Mexico youth who participated in prevention programming reduced their substance use experimentation from pre to post-test, which represents the period of program enrollment. In contrast, the New Mexico statewide comparison group increased their substance abuse over the same period of time.



Pre/Post-Test Comparisons

For the aggregate sample, several significant pre and post-test differences were found:

- Previous years results have generally found youth becoming more liberal in their perceptions regarding attitudes toward peers ever trying drugs. This year there was a positive trend toward more conservative perceptions regarding peers ever trying drugs.
- For the aggregate sample of youth participants 12-17 years of age, there were significant improvements in resiliency factors, including a significant increase in negative attitudes toward ATOD use ($P=.03$).
- **An important change not noted in previous years was the significant increase in the perception of harm associated with drug use ($P=.000$).** These improvements in resilience are important in light of the fact that youth reported an increase in adult ATOD use ($P=.02$) and perceptions of drug availability also increased ($P=.000$).
- Youth in the 15-17 age groups were found to have the strongest positive changes in risk and protective factors. For example, risk taking was reduced, parental support increased and a number of other significant improvements were made for this age cohort.
- **In the 15-17 year old group, there was a significant reduction in 30-day use in alcohol, marijuana and illicit drug use!**

Highlights from the local outcome evaluations of Evidence-Based Prevention programs for 12-17 year olds are presented in Table 1 on pages 17-30.



Fiscal-Year 2004 Pre-Kindergarten through Sixth Grade Youth and Families

Pre kindergarten through sixth grade programs also provide a full continuum of comprehensive community-based prevention services for individuals, families and communities, including Synar activities to reduce the sale of tobacco to minors. As appropriate, the contractor shall provide targeted evidence based prevention programs for youth who are not in need of treatment, and maintain fidelity of the selected evidence based programs. PreK-6 programs are aimed at directly impacting risk and resiliency factors in the targeted age group. These programs tend to involve both youth and their families.

Evaluation of the Pre-Kindergarten through sixth grade (PreK-6) Initiative of the BHSD involved a significant shift in design and approach, particularly given the age level of youth participants. BHSD contractors were asked to provide a comprehensive family approach to substance abuse prevention that included a parent intervention component. Each of these shifts in focus and age of select youth required the development of a new battery of evaluation tools that were piloted and implemented during the 2004 fiscal program year.

As with other BHSD evidence based prevention initiatives, a pre-test, post-test design without control groups was used with the intent to aggregate all youth, parent, and teacher outcome data for this year-end reporting. Local evaluators monitored and provided oversight at each of the 20 funded PreK-6 prevention sites and worked closely with the statewide evaluation team to provide timely data submission.

Youth below the fourth grade do not complete any written evaluation forms. Parent and teacher reports (n=480 matched pairs) are used as the basis for the evaluation of these younger children. Youth in the fifth and sixth grade age range (n=286 matched pairs) were administered the Youth Risk Survey which also included specific items on lifetime and current substance use.

Pre-K through Sixth Grade Programs Baseline Data Findings, FY04

Demographic Information for Pre-K through Grade Sixth Participants

| Age of Children | Number of Children | Percent of Children |
|------------------------|---------------------------|----------------------------|
| 0-5 | 302 | 72.6% |
| 6-9 | 46 | 11.1% |
| 10-13 | 39 | 9.4% |
| 14-19 | 29 | 7.0% |
| Gender | | |
| Male | 182 | 46.7% |
| Female | 208 | 53.3% |

Pre/Post-Test Comparison

Overall, data results for this fourth year of the PreK-6 programs were positive.

The following are highlights from PreK-6 programs:

- Based on parents' responses, there was a significant improvement in the level of community interactions. Findings are indicative of greater parental involvement in community activities.
- There were significant increases in family interactions, which indicates that parents are improving in their family and child interactions. These findings suggest that Pre-K-6 grade programs are having a positive effect on improving how parents communicate and interact with their children.
- Parental attitudes showed a significant increase during the program year. These findings suggest that parental attitudes in relation to controlling their emotions, child-rearing activities and personal goals have evidenced a significant improvement.
- Parent-child interactions significantly improved over the intervention period. Parents' abilities to positively interact and feel confident in their child's affection and abilities improved substantially.

Data findings from the fourth year of the PreK-6 initiative are promising for PreK-4th grade students and parents.

- The data findings indicate that program services for PreK fourth grade parent participants were effective in promoting positive changes in behaviors at home and in the community. This is the likely result of including parents in the substance abuse prevention effort.

Highlights from outcome evaluation of Evidence-Based Prevention programs for Pre-Kindergarten through Sixth Grade Youth and Families are presented in Table 3 on pages 34-40.



Fiscal-Year 2004 SIG Enhancement: 0-6

As a result of the effective prevention programming and evaluation system, New Mexico Department of Health/Behavioral Health Services Division was awarded monies for an additional initiative in February 2004. This initiative, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA)/Center for Substance Abuse Prevention (CSAP) focused on implementing evidence based substance abuse prevention programs directed at reducing risks and promoting resiliency and school preparedness. Participants include children ages zero to six, (NM SIG Enhancement: 0-6) inclusive of families and communities.

Service providers selected a variety of evidence-based curricula to implement in their communities. New service providers were added to this initiative, therefore training and technical assistance were provided. This is one of two programs nationwide funded to target this age group. Evaluation results are not yet available from this initiative.

Fiscal Year 2004 Highlights of Outcomes from Local Environmental Strategies

Research consistently demonstrates that the most successful prevention initiatives and most meaningful outcomes are produced by community projects that implement broad based activities that focus on multiple domains -- individual, family, school, peer, and community. The BHSD has supported strong coalition driven projects that implement programs designed to change one or more of the three major community level factors that

influence substance abuse. Those factors include: community norms that are favorable to substance use, easy availability of substances both illegal and illicit, and policies, regulations and their enforcement (or lack thereof) that create favorable conditions for substance abuse.

All programs funded by the BHSD have been encouraged to implement environmental strategies that are designed to impact norms, availability or access to tobacco, alcohol and other drugs. The following section highlights some of the activities and accomplishment during the 2004 Fiscal Year.

The McKinley County Sheriff's Department continued their efforts in creating and using a geo-mapping system to produce more effective planning and prioritizing by policy makers, other community officials, and community groups, which is already leading to improved outcomes in the community. This system identifies and plots the locations of a wide range of alcohol-related incident data for McKinley County. The system allows them to identify the locations of liquor outlets, DWI arrests, traffic fatalities involving alcohol, domestic violence incidents and locations where minors under the influence have been apprehended. Last year, geo-mapping information was instrumental in closing down two local bars that consistently sold liquor to inebriated adults. Officer decisions as to saturation patrols or DWI checkpoints are based almost exclusively on the mapping data results. Elected officials and lawmakers are using the information to enforce and/or alter ordinances and laws. As a result of geo-mapping efforts and increased surveillance, there has been a decrease in DWI arrests without additional law enforcement officers and an increase in

compliance by liquor vendors. Geo mapping has also been utilized as an educational tool and for city and county planning. Personnel from the Sheriff's Department regularly discuss geo-mapping information on a popular morning radio program in Gallup. In addition to these radio presentations, there is a high level of cooperation from other local media. Monthly public service announcements and newspaper coverage provide education and notification regarding the efforts of law enforcement and coalition partners.

B.I.G., Southern New Mexico Human Development, Inc., finalized community mapping, used to develop the five year strategic plan, for the U.S. and Mexico border to determine the degree of alcohol outlets within the area and that are identified as places where youth frequent and have easy access to alcohol. The mapping indicates that there are 528 establishments currently operating on the Mexican side of the border including 123 alcohol establishments, 48 bars or lounges, 36-convenience stores/local grocery, 19 restaurants, three supermarkets and 17 other (depot, bakery, tourist service, concession services) only 10 miles from the border of El Paso, Texas.

Youth from the Border Media Advocates implemented a survey to determine underage drinking habits of youth including where youth go to drink, why they go there, and with whom they party. Of the youth (n=376) surveyed, the vast majority were high school students, from small border towns in New Mexico and 64 percent reported drinking in Ciudad Juarez over the last 12 months. Fifty-five percent of this population of underage drinkers is U.S. citizens and 45 percent Mexican residents, with the largest percentage being males. The survey showed that

69.8 percent of underage drinkers from the United States and 91.4 percent of youth from Ciudad Juarez usually drink with friends, 15.9 percent of U.S. youth and 5.7 percent Ciudad Juarez youth drink with brothers, sisters or cousins. Both groups chose the following reasons, from the survey, for drinking in Juarez: more fun, easy to get served alcohol, meet more interesting people, no hassles about IDs. American teens rated "cheaper to party there than at home" among their top five reasons, while Ciudad Juarez youth chose "Won't get into trouble". Results of this initiative were reported at the BIG Conference and were used as a baseline in the development of the five-year strategic plan.

Santa Fe Community College youth leaders participating in the environmental strategy program were trained to provide Merchant Education Sessions to alcohol merchants identified in the community of Pojoaque. A strategic plan for conducting Alcohol Merchant Surveys and educational presentation with merchants was developed. Pretests were distributed to the participating merchants to measure their understanding of: the law that prohibits the sale of alcohol to minors; the effect of alcohol advertising to youth; and general statistics of alcohol use by minors. Educational packets were distributed to all the merchants to share with their employees. Following the educational sessions, merchants signed a commitment to reduce the advertising of alcohol that is attractive to youth. Many agreed to collaborate with youth on future activities that would reduce underage drinking. Posttests administered after the educational sessions indicated merchants have policies to deter underage drinking and require their employees to attend training sessions related to liquor sales to minors.

Research has found an association between high levels of television viewing among youth and early initiation of alcohol, tobacco and other drugs. High levels of television watching per week, 10 hours or more, negatively impact school performance and lowers family communication. Given that the average teenager watches 19 hours of television per week, the **Santa Fe Public Schools** organized a series of events in association with *TV Turnoff Week* to impact the norms of television watching in the greater Santa Fe community and to encourage family involvement in students' lives.

For the second year in a row, along with a group of parents and community members, the Santa Fe Public Schools implemented strategies to encourage parental involvement in the prevention of alcohol, tobacco, and other drug use by creating the second annual "TV Turn Off Week." Some of the accomplishments include:

- 2400 students did not watch TV for one week.
- 8000 youth in 35 schools participated in community and family involvement activities during TV Turn Off Week.
- The average number of hours youth watched TV during the week decreased from 21 to 9 hours.
- On average, students participated in 8 more family activities during TV Turn Off Week
- Four resolutions/proclamations supporting this event were passed. Resolutions were passed by the City of Santa Fe, County of Santa Fe and the Santa Fe Public School Board of Education, and a proclamation from the Governor of New Mexico was signed.

The Sandoval County DWI/SAP Program has collaborated for the past several years with local law enforcement agencies to conduct compliance checks and merchant education to prevent alcohol sales to minors. This collaboration resulted in each alcohol merchant in the county receiving two merchant education visits and an additional visit if they failed a compliance check. Multiple compliance check operations were performed throughout Sandoval County. There were a total of 198 merchant contacts with a non-compliance rate of only 9 percent. In light of the 2001-2002 baseline of 79 percent non-compliance, the outcomes of this year's efforts were very successful.

La Clinica del Pueblo de Rio Arriba and North Central Community Based Services collaborated on a strategy to focus on underage drinking. Participant youth from their programs were recruited for this strategy, and these students were involved in a variety of activities including the following:

- Attendance at Northern Rio Arriba County Health Coalition meetings.
- On site visits to area merchants to provide education on the law for sale and consumption of alcohol by minors.
- Placement of student made materials (flyers and posters) that target the need for compliance with the law regarding underage drinking.
- Development and delivery of public service announcements on the radio.

Youth attitudes toward advertising were dramatically changed after their involvement in this campaign. Students

indicated that they had acquired a new awareness of the ubiquitous nature of alcohol advertising. Teachers reported that students involved in the activities seemed to be more critical and systematically used problem solving methods.

Numerous other programs, such as **Counseling Associates** in Roswell, **Socorro Mental Health**, the **Boys and Girls Clubs** (statewide), implemented successful merchant education strategies in their communities, including the following example:

Youth and program staff of **Youth Development, Inc.** (Valencia and Tarrant Counties) participated in a literacy education training to develop an education and a presentation framework for an alcohol merchant education session. The youth were also trained to implement the merchant education sessions.

Thirty alcohol merchants were identified, and completed merchant education sessions. Pre and posttests were distributed to the participating merchants to measure their understanding of the law that prohibits the sale of alcohol to minors, the effect of alcohol advertising to youth and general statistics of alcohol use by minors. Merchants signed a Letter of Commitment agreeing to participate in more training and collaborating with youth to ensure businesses do not produce advertising that makes alcohol consumption attractive to youth.

The Pueblo of Laguna, a participant in the **UNM ACL Teen Centers** programs, wrote a Tribal Resolution to ban the sale of drug paraphernalia at feasts. The resolution was passed by the Laguna Tribal Council. A written tribal ordinance has been prepared and is awaiting action before the Laguna Tribal Council.

In addition, the project's "Laguna Free-To-Grow" program and partner agencies organized and presented the "Walk the Line" event in which 125 community members participated in a nine-mile walk/run to bring about greater awareness of the prevalence of substance use/abuse found in Laguna and surrounding communities, and of the dangers of consuming high content beer and malt liquor sold in area convenience and grocery stores on or near the Laguna reservation. These efforts, which are focused on establishing healthy norms, are actually a return to traditional values that are sometimes shadowed by the unhealthy lifestyles of some community members.

The Rocky Mountain Youth Corps environmental strategy reduced the illegal activities in public parks in the Town of Taos. Meetings with law enforcement agencies and town officials were held to gather information, police reports and crime data on unimproved public spaces that were known to be alcohol and drug activity areas. Through a series of youth-planned and implemented infrastructure changes to facilities, including decreasing access to hidden areas of the park, increasing observation activities by park staff and law enforcement officials, the identified public spaces no longer accommodated high risk and illegal activities, and the municipal parks are measurably safer for the community members. This was measured through tabulating police reports, interviewing park staff and gauging park usage through regular observation. There was a tradition of illegal drug sales in the parks that has been greatly reduced as indicated by the decline in police reports.

Isleta Pueblo's Youth Advisory Council developed a proposal for a tribal

language preservation program. The proposal was presented to and approved by the Isleta Board of Education. The Youth Advisory Council then developed a draft no-tobacco ordinance, which after their presentation to the Board of Education was also approved by the Board of Education. The draft ordinance will now be presented to the Tribal Council for approval.

Fiscal Year 2004 Coalition Driven Prevention Services

Six community-based programs were funded to provide prevention services under the category of Comprehensive Substance Abuse Primary Prevention Services that are Coalition-Driven in FY 2004. The funds for these services came from the Substance Abuse Prevention and Treatment Block Grant (U.S. Department of Health and Human Services).

In addition to community coalition work, the Coalition-Driven programs worked to develop, introduce, and pass local ordinances regarding policy to positively effect changes in community norms regarding substance abuse and related problems. Highlights of Coalition-Driven prevention programs are presented in Table 2 on pages 31-33.

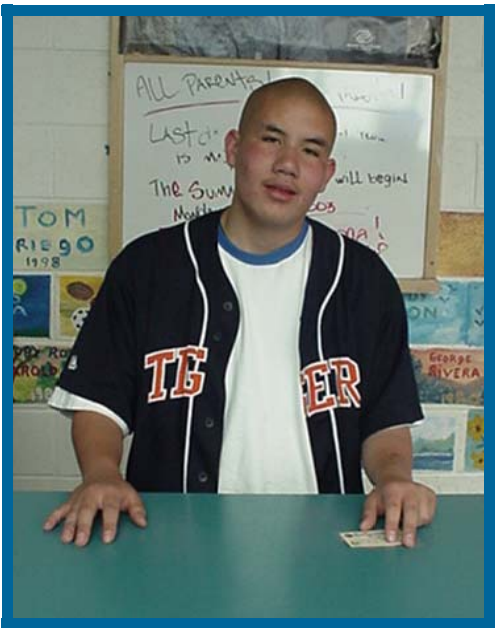


Reducing the Sale of Tobacco to Minors

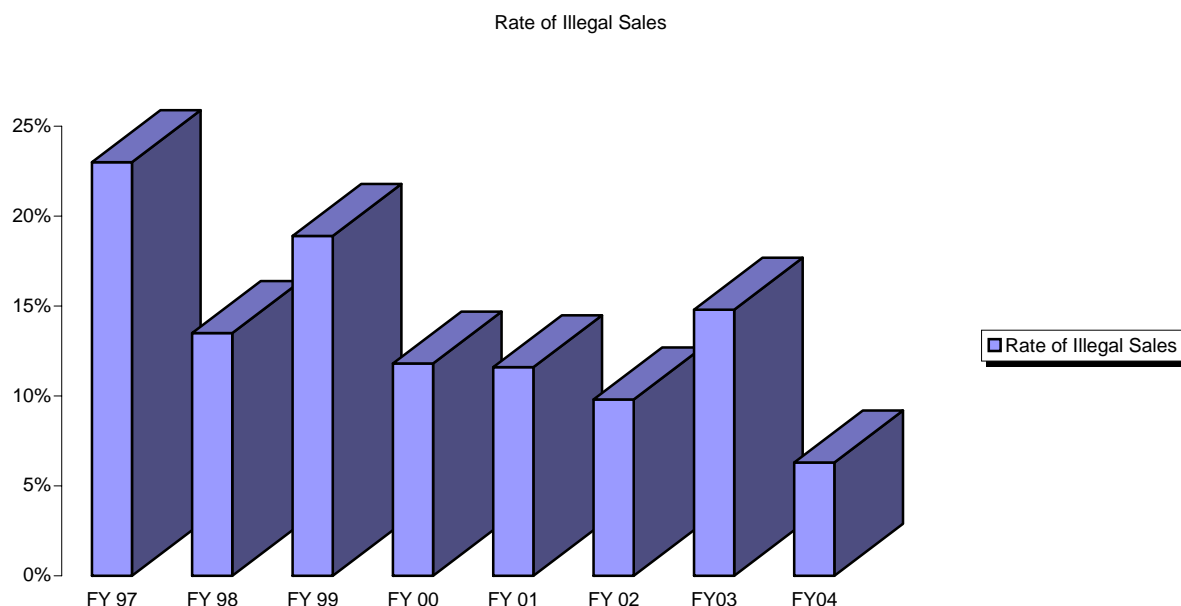
The New Mexico Synar Illegal Tobacco Sales Reduction Effort

In FY 2004 the rate of illegal tobacco sales to minors fell to **6.3 percent**. The following charts illustrate New Mexico's success in keeping the rate below 20 percent for the past seven years.

| Fiscal Year | Rate of Illegal Sales |
|-------------|-----------------------|
| FY 97 | 23% |
| FY 98 | 13.5% |
| FY 99 | 18.9% |
| FY 00 | 11.8% |
| FY 01 | 11.6% |
| FY 02 | 9.8% |
| FY 03 | 14.8% |
| FY 04 | 6.3% |



As illustrated, the rate of unconsummated sales has declined in the past seven years and has remained below 20 percent. This is credited to consistent merchant education along with enforcement of the law.



Successful implementation of the Synar Amendment is important for two reasons. First, it facilitates the reduction of both current and future health problems among adolescents. Second, compliance with the law is consistent with the public's support of measures to prevent the use of tobacco by young people and, specifically, efforts to discourage tobacco sales to minors.

BHSD contracted with 37 community programs in FY 2004 to conduct tobacco merchant education and compliance checks of laws prohibiting sales of tobacco to minors. Contractors are required to collaborate with law enforcement, local coalitions and other tobacco control groups to enhance efforts at reducing youth access to tobacco. BHSD provides training in all aspects of Synar Amendment enforcement to community program and independent contractors.

As required by the Center for Substance Abuse Prevention, BHSD has been conducting two concurrent surveys to identify new or previously unidentified tobacco merchants in the state. The New Mexico Alliance of Boy's and Girl's Clubs has conducted an area survey to verify the accuracy of the entire Synar database, and the Special Investigations Division of the Department of Public Safety has conducted a coverage survey for most of the state, especially those designated as high growth. (A coverage survey identifies all tobacco outlets, and an area survey takes a geographic sample of outlets and compares the geographic area to itself, much like a before and after snapshot of the database).

Findings at a Glance

The findings shown in Tables 1-3 were prepared and submitted by local program evaluators. Evaluation data were collected at various points in time during FY 2004, and analysis was conducted on matched pre and post evaluation instruments.

The findings presented in Tables 1 and 2 are based on analysis of following variables—

Resiliency and Protective Factors

- ❖ Personal Attitudes Toward Peer ATOD Use
- ❖ Parental Attitudes Toward ATOD Use
- ❖ Community Attitudes Toward ATOD Use
- ❖ Future Intentions Not to Use ATOD

Risk Factors

- ❖ Perceived Availability of ATOD in the Community
- ❖ Perception of Harm from Using ATOD
- ❖ Self-Reported Depression
- ❖ Self-Reported Aggression

Substance Use Variables

- ❖ Combined Drug, Tobacco and Alcohol Use – Past 30-Days
- ❖ Past 30-day use of any Alcohol
- ❖ Past 30-day use of Cigarettes
- ❖ Past 30-day use of Marijuana
- ❖ Past 30-day use of any Illicit Substance

The outcome data for the findings presented in Table 3 (PreK-6th Grade Youth and Families) utilize the following scales:

- ❖ Conner's Rating Scale (CRS): Conduct Problem—Parent Rating
- ❖ CRS: Learning Problem—Parent Scale
- ❖ CRS: Psychosomatic—Parent Rating

- ❖ CRS: Anxiety—Parent Rating
- ❖ CRS: Hyperactivity—Parent Rating
- ❖ CRS: Conduct Problem—Teacher Rating
- ❖ CRS: Inattentive-Passive—Teacher Rating
- ❖ CRS: Hyperactivity Index—Teacher Rating



**Table 1: FY 04New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**

| Community-Base Program | Location | Population served and Service Provided | Outcomes |
|------------------------|--|--|--|
| Cornstalk Institute | The City of Albuquerque South Broadway and Kirtland Additions | 142, 6-12 grade participants from Albuquerque High, Jefferson and Washington Middle Schools attended sessions of <i>Learning to Lead</i> , a mentoring tutoring and skills building program. This program was developed by Cornstalk Institute and incorporates academic and social support through mentoring, experiential challenge activities and community service | <ul style="list-style-type: none"> ▪ Significant decrease in marijuana use by girls, and the group as a whole. ($p<.013$) ▪ Boys reported increased parental support. ▪ Aggressive behavior, tobacco, and illicit drug use decreased. ▪ Substantial gain in locus of control demonstrating an obvious shift in youth beliefs about their ability to control their lives. |
| Counseling Associates | Chaves County | The <i>Reconnecting Youth</i> program was implemented with 59 students ages fourteen to seventeen. 275 youth ages 12-14, all in middle school, were provided <i>Life Skills Training</i> | <p><u>Reconnecting Youth</u></p> <ul style="list-style-type: none"> • Increase in the perception of harm from alcohol, tobacco and other drug use, especially by girls. • Girls reported a substantial increase in parents' negative attitude towards using substances. |

**Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(Continued)

| Community-Base Program | Location | Population served and Service Provided | Outcomes |
|---------------------------------|------------------|--|---|
| Counseling Associates Continued | Chaves County | The <i>Reconnecting Youth</i> program was implemented with 59 students ages fourteen to seventeen. 275 youth ages 12-14, all in middle school, were provided <i>Life Skills Training</i> | <u>Life Skills Training</u> <ul style="list-style-type: none"> • Decrease in aggressive behaviors. • Increased knowledge of effects of using alcohol, tobacco and drugs. • Increase in perception of harm from ATOD use. • Increase in perception of parental support. |
| Counseling Center | Lincoln County | 104 parents attended sessions of the <i>Guiding Good Choices</i> program | <ul style="list-style-type: none"> ▪ Significant increase in parents' involvement in community activities. ($p<.02$) ▪ Improvement in parent child interactions. ▪ Parents felt much more in control of their feelings after the program. ▪ Parents felt like they were good role models. |
| Espanola Municipal Courts | City of Espanola | 69 youth participated in <i>Project Venture</i> . This program has experiential, after-school, weekend and summer services and peer leadership opportunities. | <ul style="list-style-type: none"> • Significant increase in the perception of harm from use of alcohol, tobacco, and other drugs. ($p=0.01$) ▪ Positive trend by females toward decreased risk taking. ▪ Past 30-day marijuana use reduced to zero at post-test. ▪ Students showed a level of improvement in their relationships with friends and decrease in defensiveness. ▪ Increase in parent negative attitude toward youth using alcohol, tobacco and drugs. |

Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance
(Continued)

| Community Based Program | Location | Population Served and Service Provided | Outcomes |
|---------------------------------------|--|--|--|
| Excel Educational Enterprises | The City of Albuquerque, South Broadway and Kirtland additions | 23 parents, guardians and or family members of youth ages 12-17 completed the <i>Effective Black Parenting</i> program, 30 youth completed culturally relevant, skill development activities including Buffalo Soldiers. | <ul style="list-style-type: none"> Significant increase in youth perception that it is wrong for peers to use alcohol, tobacco and other drugs ($p < .001$). Significant increase in future intention to not use alcohol, tobacco and other drugs ($p < .001$). Significant decrease in tobacco use ($p < .023$) Significant improvement in community involvement ($p < .001$) Parents improved their skill in family interactions. |
| First Nations Community Health Source | Albuquerque (South Valley) | The <i>Run to the Sun</i> youth leadership program had 52 Native American youth participants. Fourteen parents/caregiver/family members planned and attended experiential activities with the above youth. | <ul style="list-style-type: none"> Increased number of youth at post-test felt that it is wrong for people of their age to use alcohol, tobacco or other drugs. At post-test, more youth said their parents would feel it was wrong to use alcohol, tobacco or other drugs. Youth at post-test said they did not intend to use alcohol, tobacco or other drugs in the future. |
| Five Sandoval Indian Pueblos Council | Pueblos of Santa Anna, Cochiti and Zia | <i>Project Venture</i> served 75 youth. This is a positive youth development program for Native American youth utilizing experiential outdoor education and service learning. | <ul style="list-style-type: none"> Decrease in aggressive behavior. Decrease in alcohol and tobacco use at post-test. Increase in commitment to non-ATODA use, especially by boys. |

Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Years Olds
Program Outcomes at a Glance
(Continued)

| Community Based Program | Location | Population Served and Service Provided | Outcome |
|--|--|---|--|
| Five Sandoval Indian Pueblos Council (Continued) | Pueblos of Santa Anna, Cochiti and Zia | <i>Project Venture</i> served 75 youth. This is a positive youth development program for Native American youth utilizing experiential outdoor education and service learning. | <ul style="list-style-type: none"> Boys' perception of drug availability decreased dramatically at post-test; girls' perception also decreased. Risk taking behavior decreased for boys. Positive and measurable decrease in tobacco use for the entire group. |
| Hands Across Cultures | Southern Rio Arriba and Northern Santa Fe Counties | 60 high-risk youth and their families participated in <i>Project Success</i> , a prevention program that meets in the school setting. Parent sessions and case management are integral parts of this program. | <ul style="list-style-type: none"> Significant reduction for past 30-day use of marijuana. (p=0.00) Significant reduction of past 30-day use of illicit drugs. (p=0.01) Significant increase in youths' perception of impact of AOD use. (p=0.00) Significant decrease in youth perception of access to ATOD. (p=0.02) Significant increase in awareness that it is wrong for peers to use ATOD. (p=0.02) Significant reductions in depression and attention problem scales. |

**Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(Continued)

| Community Based Program | Location | Population Served and Service Provided | Outcomes |
|--|--|---|---|
| Isleta Pueblo | Pueblo of Isleta | 65 elementary and 50 middle school students participated in <i>Project Venture</i> , a program for Native American youth that utilizes positive experiential outdoor education and service learning from a positive youth development approach. | <ul style="list-style-type: none"> Girls increased communication with their parents. Strong belief that regular substance abuse causes physical and other harm. Decrease in past 30-day tobacco use for boys. Improvements in personal and social competence, family bonding and school bonding among 5th graders. |
| National Indian Youth Leadership Project | Gallup/McKinley County | 178 in school and 47 out-of-school youth grades 6-9 and their families participated in <i>Project Venture</i> , a positive youth development program for Native American youth that utilizes experiential outdoor education and service learning. | <ul style="list-style-type: none"> Increase in locus of control, social competency and family bonding. Increased perception of parents' negative attitude towards using substances. Increase in future intention to not use. Increased perception of harm from using alcohol, tobacco and other drugs. |
| N.M. Alliance of Boys and Girls Clubs | Various Boys and Girls Clubs throughout New Mexico | 1250 youth, ages 6-17 participated in the <i>SMART Moves</i> program. This program teaches skills mastery and resistance training. | <ul style="list-style-type: none"> Significant increase in perception of harm from alcohol, tobacco and other drug use. (p=0.00) Significant increase in youths' negative attitude toward ATOD use. (p=0.00) |

**Table 1: FY 04New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(Continued)

| Community Based Program | Location | Population Served and Service Provided | Outcomes |
|---|--|---|---|
| N.M. Alliance of Boys and Girls Clubs Continued | Various Boys and Girls Clubs throughout New Mexico | 1250 youth, ages 6-17 participated in the <i>SMART Moves</i> program. This program teaches skills mastery and resistance training. | <ul style="list-style-type: none"> ▪ Significant increase in awareness of parent negative attitude towards ATOD use. (p=0.00) ▪ Significant reduction in score for impact of AOD use. (p=0.02) ▪ Significant decrease in past 30-day tobacco use. (p=0.00) ▪ Significant decrease in past 30-day alcohol use. (p=0.00) ▪ Significant decrease in past 30-day marijuana use. (p=0.00) |
| New Mexico Voices for Children | Village of Chimayo, City of Espanola, Eight Northern Pueblos, Rio Arriba County, Santa Fe County | 54 families participated in the <i>Focus on Families</i> program, part of the Black Tar Heroin initiative to prevent alcohol, tobacco and other drug use. | <ul style="list-style-type: none"> ▪ Decrease in 30-day substance use. ▪ Increase in commitment to lead a drug free life. ▪ Significant increase in social support. (p=.005) ▪ Significant increase in service utilization. (p=.013) ▪ Significant increase in child well-being. (p=.001) ▪ Significant improvement in parental attitudes. (p=.037) |

Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance
(continued)

| Community Based Program | Location | Population Served and Service Provided | Outcomes |
|--|--|--|---|
| North Central Community Based Services | Chama Valley (Northern Rio Arriba County) Chama, Dulce, Jemez Mountain, Mesa Vista and Tierra Amarilla middle/junior high schools | 414 high-risk youth in grades 6-8 participated in the <i>Life Skills Training</i> program. <i>Across Ages</i> , a mentoring program matching elders with youth was attended by 25 high-risk youth. | <u>Life Skills Training</u> <ul style="list-style-type: none"> Boys increased their perception of parental disapproval of drug experimentation. Substantial increase in awareness of parental support. Decrease in risk-taking behavior. Decrease in tobacco and alcohol use <u>Across Ages.</u> <ul style="list-style-type: none"> Dramatic improvement in GPA. Decrease in absences, discipline referrals and tardiness. Student self-esteem ratings improved. |
| Presbyterian Medical Services – Lincoln County | Lincoln County | 32 youth and 30 parents/guardians or immediate family members participated in the <i>Strengthening Multi-Ethnic Families and Communities</i> program. | <ul style="list-style-type: none"> Significant reduction in attention problems. (p<.05) Significant increase in participants' perception of peer support. (p<.01) Significant decrease in risk-taking behaviors. (p<.05) Significant decrease in past 30-day tobacco use. (p<.02) Significant decrease in conduct-problems, as reported by parents. (p<.02) Parents reported a significant decrease in their child's somatic complaints. (p<.02) Significant decrease in youth anxiety as reported by parents. (p<.05) Significant increase in family cohesion. (p<.01) |

Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance
(continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|--|-------------|---|---|
| Quay County Alcohol and Substance Abuse Prevention Coalition | Quay County | 19 youth and 20 adults participated in sessions of the <i>Iowa Strengthening Families</i> program. 104 youth attended sessions of <i>Life Skills Training</i> . | <ul style="list-style-type: none"> ▪ Significant improvement in conduct reported by parents. (p>.01) ▪ Significant improvement in learning. (p>.01) ▪ Significant improvement in anxiety recorded by parents. (p>.02) ▪ Significant improvement in family cohesion. (p>.01) ▪ Significant improvement in future intention not to use (p>.01) ▪ Significant decrease in past 30-day tobacco use. (p>.05) |
| Rocky Mountain Youth Corps | Taos County | 324 middle school students, ages 12-14 participated in the Rocky Mountain Youth Corps' <i>Service Learning and After-School Tutoring</i> program | <ul style="list-style-type: none"> ▪ Improvement in participants' beliefs about the harm of alcohol, tobacco and other drug use. ▪ Boys reported receiving a higher level of support from parents or another adult in the home. |

**Table 1: FY 03 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(Continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|--|-----------------|--|---|
| Sandoval County Substance Abuse Prevention Program | Sandoval County | 80 middle school students participated in <i>Project Northland</i> and 42 high school youth participated in the <i>Reconnecting Youth</i> program. | <p><u>Project Northland</u></p> <ul style="list-style-type: none"> • Significant increase in the perception of harm from alcohol, or other drug use. (p>.10). • Significant increase in the perception that it is wrong for their peers to try alcohol and other drugs. (p<.10). • Increase in the intent not to use substances by Hispanic youth. • Hispanic youth reported a significant increase in negative parental attitude toward ATOD use. (p<.010) <p><u>Reconnecting Youth</u></p> <ul style="list-style-type: none"> • Significant increased perception of harm from substance use. (p<.085). • Students reported a reduction in use of all substances. • Significant reduction among Native American youth in use of marijuana (p<.015), tobacco. (p<.020) |

**Table 1: FY 03 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(Continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|----------------------------|-----------------|--|---|
| Santa Fe Community College | Pojoaque Valley | 99 7 th grade students in the Pojoaque Middle School participated in the <i>Connecting Youth</i> program, an adaptation of the <i>Project Venture</i> program. 22 parents of the youth participating in the <i>Connecting Youth</i> program received services to improve family bonding and family communication skills | <ul style="list-style-type: none"> • Increase in perception of harm from ATOD use. • Youth reported reduced use of tobacco products, alcohol and marijuana. • Positive trend concerning parents' negative attitude toward youth alcohol, tobacco and other drug use. • Positive trend towards academic improvement. • Parents reported their child showed improvement with learning, conduct and hyperactivity problems. |



**Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|----------------------------------|---|---|---|
| Santa Fe Public Schools | Santa Fe | 1010 6 th graders participated in the <i>Life Skills Training</i> program and 34 youth attended the <i>Reconnecting Youth</i> program. | <ul style="list-style-type: none"> • Significant improvement by girls in the perception of harm from ATOD use. (p<.01). • Increased perception by girls that their parents felt it was wrong to use ATOD. • Significant improvement in stress management skills. (p<.01). • Significant improvement in students' communication. (p<.05) • Improvement in positive self-attitude. • Improved satisfaction with life and ability to handle problems. |
| Socorro Mental Health Foundation | Socorro County, Sarracino Middle School and Alamo Navajo School | 165 middle school students participated in the SMART Moves program | <ul style="list-style-type: none"> • For Hispanic students, there was a significant increase in the perception of harm of alcohol, tobacco and other drug use. (p<.05). |

**Table 1: FY 04New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|---------------------------------------|-----------------|--|--|
| South Central NM Prevention Coalition | Dona Ana County | 19 youth and 20 adults attended sessions in <i>Creating Lasting Family Connections</i> . 104 youth participated in <i>Life Skills Training</i> | <p><u>Creating Lasting Family Connections</u></p> <ul style="list-style-type: none"> Parents reported a significant decrease in conduct problems. (p<.01) Significant decrease in learning problems, as reported by parents. (p>.01) Parents reported a significant decrease in their child's anxiety level. (p<.02) Significant increase in perception of harm from ATOD use. (p<.01) Significant increase in intention not to use in the future. (p<.01) Significant decrease in past 30-day tobacco use. (p<.05) <p><u>Life Skills Training</u></p> <ul style="list-style-type: none"> Increase in refusal tendencies. Significant increase in factual knowledge re: alcohol, tobacco and other drugs. (p<.01) Significantly lower belief that other kids their age use ATODs. (p<.01) |

**Table 1: FY 04New Mexico Evidence-Based Programs for 12-17 Year Olds
Program Outcomes at a Glance**
(continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|---------------------------------------|--|--|---|
| Southern New Mexico Human Development | Dona Ana County | 45 youth grades 7-12 participated in the <i>Reconnecting Youth</i> program | <ul style="list-style-type: none"> • Significant increase in the perception of harm related to alcohol, tobacco and other drugs. (p=0.01). • Significant reduction in aggressive behaviors. (p=0.01) • Impact of AOD use and negative attitude toward ATOD use showed positive changes. • Significant decrease in past 30-day alcohol use. (p=0.10) |
| Talking Talons Youth Leadership | City of Moriarty, Village of Tijeras, Sandoval and Torrance Counties | 41 youth ages 12-17 participated in the <i>Talking Talons Youth Leadership</i> | <ul style="list-style-type: none"> • Positive change in participants' attitudes towards violence. • Increased knowledge and skills regarding the environment (Talking Talons knowledge). • Talking Talons had large impact on middle school boys. • Girls reported an increase in positive attitudes towards science. |

Table 1: FY 04 New Mexico Evidence-Based Programs for 12-17 Years Olds
Program Outcomes at a Glance
(continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|---|---|---|--|
| Taos/Colfax Community Based Services | Raton | 118 12-17 years olds participated in the <i>SMART Moves or SMART Leadership</i> program. | <ul style="list-style-type: none"> • Decrease in use of marijuana and other illicit drugs. • Males had a significant decrease in risk taking behavior. (p=.036) • Decrease in aggressive behaviors, especially by male participants. • Increase perception of harm from ATOD use. • Increased perception of parental support. |
| University of New Mexico/ Center for Health Promotion and Disease Prevention: Acoma-Laguna-Canoncito Teen Centers | Acoma, Laguna, To'hajiilee, Cubero and Seboyeta | 27 parents of middle school students and 29 youth participated in the <i>DARE to BE You</i> program | <ul style="list-style-type: none"> • Decrease in risk taking behavior. • Increase in the perception of harm from ATOD use. • Increase in negative attitude toward ATOD use. • Decrease in past 30-day alcohol use. |

Table 2: FY 04 Coalition-Driven Program Outcomes at a Glance
(Continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|-----------------------------|---------------------------|---|--|
| The Albuquerque Partnership | Albuquerque Neighborhoods | Create healthy communities by protecting young people and families from risk taking behaviors. Principle programs are empowering members to work on crime prevention, education, beautification, youth activities and community celebrations. | <ul style="list-style-type: none"> • 16 Neighborhood Associations actively participate in Partnership activities, with approximately 640 members • 202 Hotspot Sheets were filed identifying significant neighborhood problems. Of the criminal activity included in the reports (78), 56 situations have been resolved and 22 are pending final legal or other action. • 45 Trail Observations were completed which included working with DA on neighborhood impact issues and reporting to Neighborhood Association. • 32 Neighborhood Association Cleanups were completed to enhance community environmental norms • Crime statistics in the two largest areas where the Partnership is active show decreased criminal activity from 2003 to 2004, in part because of the activities associated with the Partnership. The West Mesa experienced a drop in criminal incidents from 2038 to 1919 (a 5.8% decrease), and Vincinios del Bosque experienced a drop from 261 to 213 (a 18.4% decrease). |

Table 2: FY 04 Coalition-Driven Program Outcomes at a Glance
(Continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|--------------------------------------|---|--|---|
| Border Initiative Council | Communities within 60 miles of the U.S. Mexico border in Southern New Mexico Counties of Dona Ana, Grant, Hidalgo, and Luna | Development and implementation of collaborative efforts that promote opportunities for empowerment and action in the New Mexico/Mexico border area regarding ATOD and other adolescent behavior issues. | <ul style="list-style-type: none"> ▪ Providing technical assistance and training to the bi-national youth group, Border Media Advocates regarding environmental and social policy issues in the border area. ▪ Coalition membership has increased 10% and actively participates in implementing prevention initiatives in the United States and Mexico. |
| Hands Across Cultures | Espanola and Pojoaque | Increase community mobilization in the Espanola Valley and produce youth-led adult assisted weekly newspaper article | <ul style="list-style-type: none"> • Successful creation of a youth prevention coalition utilizing musical arts-based youth development strategies to impact positive norms among youth in the Espanola Valley (approximately 70 youth are involved in this project) • Development of broad-based education and advocacy strategy for support of positive norms in alcohol policy |
| McKinley County Sheriff's Department | McKinley County | Reduce violence, alcohol, tobacco and other drug morbidity in McKinley County; reduce the consumption of alcohol by people younger than 21, and tobacco use by people less than eighteen years old utilizing sobriety checkpoints, saturation patrols and surveillance operations. | <ul style="list-style-type: none"> • Continuation of GIS mapping as a community resource. ▪ Increased utilization of the GIS findings in law enforcement and county wide decision making. ▪ Continued decrease in DWI arrests. ▪ Increased compliance behavior by liquor vendors. • Dissemination of CAMY media literacy information to a various audiences. |

Table 2: FY 04 Coalition-Driven Program Outcomes at a Glance
(Continued)

| Community-Based Program | Location | Service Provided | Outcomes |
|--|---|---|--|
| Rural Organization Project Entity (ROPE) | Counties of Catron, Dona Ana, Grant, Hidalgo, Luna, Sierra, Socorro and Otero | Disseminate and provide access to ATOD information via RADAR site in the southern part of the state; support community based prevention strategies for ATOD prevention services and effect a change in norms and policies, among youth regarding underage drinking via the "Environmental Youth Council". | <ul style="list-style-type: none"> Students act as liaisons between the Regional Environmental Council and their Community. In February of 2004, youth addressed the Legislative forum. SNMHD students and the Avanzar Youth Group created a billboard addressing underage drinking that was displayed in high school cafeterias. The Environmental Youth Council, with the assistance of Senator Cynthia Nava is preparing a proposal for a Senate Memorial declaring "Alcohol Awareness Week." |
| San Juan County Partnership | San Juan County | 377 youth participated in the <i>All Stars</i> program. | <ul style="list-style-type: none"> Significant increase in the perception of harm from using alcohol, tobacco and other drugs. ($p < .02$) Significant decrease in past 30-day tobacco use. ($p < .04$) Significant decrease in past 30-day alcohol use. ($p < .05$) Females reported significant increase in parental support. ($p < .050$) In youth 12-14, all measures of ATOD consumption decreased. |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance** (continued)

| Community- Based Program | Location | Population Served and Service Provided | Outcomes |
|--------------------------|---------------|---|---|
| Colfax County | Colfax County | 114 youth ages 6-12 participated in the <i>SMART Moves</i> program. 20 parents or other adult family members attended sessions of <i>SMART Parents</i> . | <ul style="list-style-type: none"> ▪ Significant decrease in hyperactivity. ($p=.00$) ▪ Significant decrease in conduct problems. ($p=.01$). ▪ Teachers reported a significant decrease in inattentive-passive behavior. ($p=.01$). ▪ Significant decrease in disruptive school behaviors by males. ($p<.01$) ▪ Decrease in conduct problems for male group. |
| Counseling Associates | Roswell | 79 youth ages 8-12 participated in <i>Life Skills training</i> , 65 parents and their preschool children participated in the <i>Dare to Be You</i> program. | <p><u>Life Skills</u></p> <ul style="list-style-type: none"> ▪ Significant decrease in disruptive school behaviors. ($p=.009$) ▪ Significant decrease in the use of illicit drugs. ($p<.083$) ▪ Significant decrease in alcohol use. ($p<.020$). ▪ Increased communication with parents. ▪ Significant increase in decision-making skills. ($p<.008$) ▪ Significant decreased future intention to use. ($p<.019$). ▪ Significant decreased parental approval of ATOD use. ($p<.016$) <p><u>Dare to Be You</u></p> <ul style="list-style-type: none"> • Significant improvement in community participation. ($p<.003$). • Significant increase in positive family interactions ($p<.021$), and parental attitudes. ($p<.006$). |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance** (continued)

| Community- Based Program | Location | Population Served and Service Provided | Outcomes |
|----------------------------------|--|--|---|
| Excel Education Enterprise, Inc. | City of Albuquerque, South Broadway and Kirtland Additions | 35 students were served in the after-school mentoring/tutoring program. 47 parents participated in the <i>Strengthening Multi-Ethnic Families and Communities Parenting</i> program. | <p><u>Mentoring/tutoring</u></p> <ul style="list-style-type: none"> Increased communication with parents. Improvement in school performance. Improvement in disruptive school behaviors. Improved family bonding. Increased perception of harm from substance use. Significant increase in students' math, and reading scores. <p><u>Strengthening Multi-Ethnic Families</u></p> <ul style="list-style-type: none"> Parents expressed more involvement in the community. Significant increase in parental attitudes. ($p < .002$). Significant increase in parent and child interactions. ($p < .0850$). |
| Farmington Municipal Schools | City of Farmington | 400 elementary school children and their parents participated in the <i>Second Step</i> program. 60 high-risk youth completed sessions of the <i>I Can Problem Solve</i> curriculum. | <ul style="list-style-type: none"> Parents reported a decrease in impulsive/hyperactive behavior, particularly among males. Teachers' ratings showed a significant increase in grades for the school year. ($p < .001$) Decrease in disruptive school behaviors. |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance (continued)**

| Community- Based Program | Location | Population Served and Service Provided | Outcomes |
|-------------------------------------|------------------------------|--|---|
| Gila Regional Medical Center | Grant County | 132 families participated in the <i>First Born Program</i> , a home visitation program for first-time pregnant women and first time families | <ul style="list-style-type: none"> Significant improvement in various aspects of social support. (p<0.000). Significant improvement in families' abilities to identify and access informal support. (p=0.000) Significant increase in positive perception of the child. (p=0.000). Improved caregiver characteristics that promote positive environment for the child. Significant decrease in mental health problems that interfere with parenting. (p<0.000). Decreased substance |
| La Clinica del Pueblo de Rio Arriba | Northern Rio Arriba County | 40 families participated in the <i>Dare to Be You</i> program | <ul style="list-style-type: none"> Significant improvement in parental attitudes. (p<.017) Significant increase in school protective factors. (p<.04) Significant improvement in students' perception of harm caused by drug use. (p<.03) Positive change in respondents' involvement in the community. |
| Mescalero Apache Tribe | Mescalero Apache Reservation | 200 students ages 7-11 participated in the <i>SMART Moves</i> program and 43 families attended sessions of <i>Solutions for Families</i> | <p><u>SMART Moves</u></p> <ul style="list-style-type: none"> Girls expressed a stronger belief in the harm associated with ATODA. Participants reduced their use of ATOD. <p><u>Solutions for Families</u></p> <ul style="list-style-type: none"> Positive increase in community involvement. More positive parental attitudes towards parenting. |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance (continued)**

| Community- Based Program | Location | Population Served and Service Provided | Outcomes |
|--|--|---|--|
| National Indian Youth Leadership Project | McKinley County and Navajo Nation | 148 5 th & 6 th grade youth participated in <i>Project Venture</i> , a positive youth development program that utilizes outdoor experiential education and service learning. 37 parents of elementary school children participated in a family program, with a variety of activities to improve family functioning and communication skills. | <ul style="list-style-type: none"> ▪ Youth reported better communication with parents. ▪ Increased resiliency for 5th graders from pre to post-test. ▪ Increased social competence for 5th graders from pre to post-test. ▪ Increase in family bonding. |
| North Central Community-Based Services | Chama Valley, Northern Rio Arriba County | 191 5 th grade students participated in <i>Life Skills Training</i> , 25 high-risk youth attended <i>Across Ages Mentoring</i> , 49 parents participated in sessions of <i>Dare to Be You</i> and 62 parents attended <i>Strengthening Multi-Ethnic Families</i> . | <ul style="list-style-type: none"> ▪ Significant decrease in disruptive school behaviors. ($p < .05$) ▪ Significant improvement in attendance for all students. ($p < .005$) ▪ Significant decrease in illicit drug use. ($p > .006$). ▪ Significant improvement in students' perception of the harm caused by drug use. ($p > .004$) ▪ Substantial and positive change in reading and math skills as well as attitude towards school. ▪ Parents' involvement in the community was very positive. ▪ Significant increase in parental attitudes. ($p < .017$). |



**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance** (continued)

| Community- Based Program | Location | Population Served and Service Provided | Outcomes |
|-----------------------------|-----------------|--|---|
| Rocky Mountain Youth Corps | Taos County | 424 elementary students participated in the Rocky Mountain Youth Corps mentoring program | <ul style="list-style-type: none"> ▪ Significant improvement in conduct. ($p < .01$) ▪ Significant improvement in hyperactive/impulsive behavior. ($p < .01$) ▪ Significant improvement in attention skills. ($p < .001$) ▪ Overall grade point increase of 2.25 grade levels for students tutored one-on-one. ▪ Reduction in past 30-day alcohol use. ▪ Parents reported a significant improvement in their child's psychosomatic behaviors. ($p < .01$) |
| San Juan County Partnership | San Juan County | 28 families participated in the <i>Families and Schools Together (FAST)</i> program. | <ul style="list-style-type: none"> ▪ Significant decrease in parent rated impulsive-hyperactive behavior. ($p < p.05$) ▪ Significant decrease in parent rated psychosomatic symptoms. ($p < .003$) ▪ Self-reported exposure to drugs remained at almost zero. ▪ Significant decrease in parent rated anxiety. ($p < .05$) ▪ Increase in attendance as reported by teachers. ▪ 68 families, who attended the <i>FAST</i> program in previous years, plan and participate in monthly support programs on an on-going basis. |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance (continued)**

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|--|---|--|---|
| Sandoval County Substance Abuse Prevention Program | Sandoval County | 89 parents participated in the <i>Dare to Be You</i> program. | <ul style="list-style-type: none"> Significant improvement in community participation, especially for parents not born in the United States. (p<.000) Significant improvement in family interactions. (p<.046) Significant improvement in parental attitudes. (p<.002) Significant improvement in parent-child dysfunctional interactions. (p<.023) |
| Talking Talons Youth Leadership | The City of Moriarity, Village of Tijeras, Torrance and Sandoval Counties | 45 youth ages 9-11, from the East Mountain area (Tijeras, Sandia Park) participated in a youth leadership program designed by Talking Talons, which provides skills building activities and interactions with endangered animals and injured wildlife. | <ul style="list-style-type: none"> Increase in knowledge and attitudes toward the environment (Talking Talons knowledge). Positive change in attitude toward violence. Positive change in moral attitudes. Membership in the program prevented a negative change in school protective factors. |
| Taos Pueblo | Taos Pueblo | 53 elementary students, grades 3-5 at the Taos Day School participated in <i>Life Skills Training</i> | <ul style="list-style-type: none"> Parents reported a decrease in conduct problems. Parents reported a decrease in learning problems. Disruptive school behaviors decreased and attendance increased. |

**Table 3: FY 04 Pre-Kindergarten through 6th Grade Youth and Families
Program Outcomes at a Glance** (continued)

| Community-Based Program | Location | Population Served and Service Provided | Outcomes |
|---|--|--|--|
| University of New Mexico/ Center for Health Promotion and Disease Prevention: Acoma-Laguna-Canoncito Teen Centers | Acoma, Cubero, Laguna, Seboyeta, and To'hajiilee | 302 students ages 8-13 participated in <i>Life Skills Training</i> | <ul style="list-style-type: none"> Significant improvement in conduct problems noted by parents. ($p < .01$) Significant improvement, especially by males, on parents rating of anxiety. ($p < .04$) In female sample, parents recorded significant improvement in conduct problems. ($p < .00$) |
| Youth Development, Inc. | Valencia County | 78 families and their 40 children ages 3-5 attended the <i>Dare to Be You</i> program. | <ul style="list-style-type: none"> Increase in parental attitudes. Increase in parents' participation in children's lives. Increased involvement in community activities. Parents increased their involvement in youth group activities, spiritual/religious activities and in children's education. Increase in family bonding and family management skills. |



Conclusion

In fiscal year 2004, the Behavioral Health Services Division, Prevention Services Bureau and local service providers delivered successful prevention programming to youth and families that resulted in positive outcomes. Several milestones and accomplishments towards strengthening New Mexico's alcohol, tobacco and other drug abuse prevention system were also achieved. The BHSD was successful in its application for the SIG Enhancement Initiative, which has extended the service population to reach children and their families in the age group of newborn to six. Additionally, the state system continues to develop the strong capacity to implement and evaluate evidence based drug prevention programs for youth and adolescents. Provider communities continue to demonstrate positive program findings:

- Significant improvements were made in a number of risks factors including stronger perception of harm of ATOD use and stronger negative attitudes towards ATOD use.
- Youth in the 15-17 age group were found to have the strongest positive changes in risks and protective factors.
- Overall, there was delayed onset of tobacco, alcohol, marijuana, and other illicit drug use across all age groups.
- Youth in the 15-17 year old age group showed tremendous decreases in current alcohol use, marijuana use, and other illicit drug use.
- For Pre-K-6th grade participants, each aspect of family interaction, parental attitudes, and community resilience was shown to significantly improve.
- Most all aspects of youth conduct problems among Pre-K-6 participants showed significant improvement, including conduct disturbance, learning problems, psychosomatic problems, hyperactivity and youth anxiety.

The findings in this Executive Summary also attest to the success of DOH/BHSD in enhancing and sustaining the capacity of local prevention providers to conduct rigorous outcome evaluation of prevention services. Not only is DOH/BHSD able to collect statewide data from all funded prevention programs, but local providers can analyze and interpret their own program specific data for use in promoting the good work that they are doing and utilize the data to modify, when necessary, the delivery of prevention services.



**New Mexico Department of Health
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